★ Rate your favorite items →

pricelisto

Bowl'd (NZ)

Menu Prices — October 24, 2026

Bowl'd (NZ) menu with prices in New Zealand, updated March 2025: 54 items across 7 categories, prices from $4.00 to $54.90.

Restaurant & Food Industry Reports



Fast Food Industry →



Pizza Industry →



Fast Casual Industry →



Casual Dining Industry →

Competitor Price Intelligence →

Bowl'd (NZ) Menu with Prices (New Zealand)

Bowl'd (NZ) menu with prices in New Zealand, updated March 2025: 54 items across 7 categories, prices from $4.00 to $54.90. Prices are collected by PriceListo and may vary by location. See the latest prices online at nz.pricelisto.com/menu-prices/bowld-nz

Menu categories: Picked for you · Limited Time Only Combos · Bowls · Vegan and Vegetarian Bowls · Kids Bowls · Sides, Smoothies & Dessert · Drinks

Picked for you

ITEM	PRICE
Bowl and Smoothie Combo Your choice of x1 bowl + your choice of x1 Smoothie	**$23.50**
Korean BBQ Bowl (Small) Un bol rempli de saveurs coréennes, avec un choix de bœuf barbecue ou de poulet sur un lit de riz brun. Accompagné de br...	**$18.50**
Korean BBQ Bowl (Regular) Optez pour un steak ou du poulet grillé à la coréenne accompagné de riz brun. Le bol est orné de brocoli grillé, kimchi,...	**$20.90**
Donburi Bowl (Small) Your choice of teriyaki chicken, teriyaki prawns or vegan teriyaki broccoli on brown rice with grilled broccoli, cabbage...	**$18.50**
Donburi Bowl (Regular) Choisissez entre du poulet teriyaki, des crevettes teriyaki ou du brocoli teriyaki végétalien, servis sur un lit de riz...	**$20.90**
Mexican Fiesta Bowl (Small) Your choice of chicken or grilled kumara & black bean on brown rice with grilled corn, capsicum and mixed beans, chipotl...	**$18.50**
Mexican Fiesta Bowl (Regular) Your choice of chicken or grilled kumara & black bean on brown rice with grilled corn, capsicum and mixed beans, chipotl...	**$20.90**
Buddha Bowl (Small) Une sélection de falafels ou de crevettes, reposant sur un lit de riz brun et d'épinards, agrémenté d'avocat écrasé, de...	**$18.50**
Buddha Bowl (Regular) Your choice of falafel or prawns on brown rice and spinach with smashed avocado, grilled broccoli, pickled beetroot, cab...	**$20.90**

Limited Time Only Combos

ITEM	PRICE
Dinner for the Family Your choice of 2x bowls & 2x kids bowls	**$54.90**
Bowl and Smoothie Combo (Limited Time Only Combos) Your choice of x1 bowl + your choice of x1 Smoothie	**$23.50**

Bowls

ITEM	PRICE
Mexican Fiesta Bowl (Small) (Bowls) Your choice of chicken or grilled kumara & black bean on brown rice with grilled corn, capsicum and mixed beans, chipotl...	**$18.50**
Mexican Fiesta Bowl (Regular) (Bowls) Your choice of chicken or grilled kumara & black bean on brown rice with grilled corn, capsicum and mixed beans, chipotl...	**$20.90**
Korean BBQ Bowl (Small) (Bowls) Choisissez entre un steak barbecue coréen ou du poulet, servis sur un lit de riz brun. Ce bol inclut du brocoli grillé,...	**$18.50**
Korean BBQ Bowl (Regular) (Bowls) Choisissez entre un steak ou du poulet grillé à la mode BBQ coréenne accompagné de riz brun. Ce bol savoureux inclut éga...	**$20.90**
Donburi Bowl (Small) (Bowls) Optez pour du poulet teriyaki, des crevettes teriyaki ou du brocoli teriyaki végétalien, posé sur un lit de riz brun. Ac...	**$18.50**

ITEM	PRICE
Donburi Bowl (Regular) (Bowls) Your choice of teriyaki chicken, teriyaki prawns or vegan teriyaki broccoli on brown rice with grilled broccoli, cabbage...	**$20.90**
Buddha Bowl (Small) (Bowls) Your choice of falafel or prawns on brown rice and spinach with smashed avocado, grilled broccoli, pickled beetroot, cab...	**$18.50**
Buddha Bowl (Regular) (Bowls) Choisissez entre falafel ou crevettes, déposés sur un lit de riz brun et épinards. Ajoutez-y de l'avocat écrasé, du broc...	**$20.90**
Middle Eastern Kebab Bowl (Small) Agneau grillé et falafel sur un lit de riz brun, accompagnés de chou-fleur grillé, épinards, mélange de chou, oignons ma...	**$18.50**
Middle Eastern Kebab Bowl (Regular) Grilled lamb & falafel on brown rice with grilled cauliflower, spinach, cabbage mix, pickled onions, feta, cranberries,...	**$20.90**
Meze Bowl (Small) Falafel on brown rice with grilled halloumi and cauliflower, spinach, pickled beetroot, carrot, tomato kasundi, hummus,...	**$18.50**
Meze Bowl (Regular) Falafel on brown rice with grilled halloumi and cauliflower, spinach, pickled beetroot, carrot, tomato kasundi, hummus,...	**$20.90**

Vegan and Vegetarian Bowls

ITEM	PRICE
Vege Mexican Fiesta Bowl (Small) Un mariage savoureux de galette de haricots noirs grillés et de kumara, accompagné de maïs croquant, carottes, poivrons,...	**$18.50**
Vege Mexican Fiesta Bowl (Regular) Grilled black bean pattie and kumara, corn, carrot, capsicum and mixed beans with chipotle, brown rice, lettuce, cheese,...	**$20.90**
Vegan Donburi Bowl (Small) Grilled teriyaki broccoli on brown rice with cabbage mix, edamame beans, pickled ginger, bean sprouts, vegan mayo, and s...	**$18.50**
Vegan Donburi Bowl (Regular) Brocoli grillé au teriyaki sur un lit de riz brun, accompagné d'un mélange de chou, haricots edamame, gingembre mariné,...	**$20.90**
Meze Bowl (Small) (Vegan and Vegetarian Bowls) Falafels posés sur un lit de riz brun avec halloumi grillé et chou-fleur, accompagnés d'épinards, betteraves marinées, c...	**$18.50**
Meze Bowl (Regular) (Vegan and Vegetarian Bowls) Falafels sur lit de riz brun, accompagnés de halloumi grillé et chou-fleur, épinards, betteraves marinées, carottes et k...	**$20.90**
Vegan Meze Bowl (Small) Sur un lit de riz brun, retrouvez des falafels croquants accompagnés d'avocat écrasé. La douceur du chou-fleur grillé se...	**$18.50**
Vegan Meze Bowl (Regular) Falafel on brown rice with smashed avocado, grilled cauliflower, spinach, pickled beetroot, carrot, tomato kasundi, humm...	**$20.90**
Vege Buddha Bowl (Small) Grilled Falafel on brown rice with spinach, smashed avocado, grilled broccoli, pickled beetroot, cabbage mix, pickled on...	**$18.50**
Vege Buddha Bowl (Regular) Grilled Falafel on brown rice with spinach, smashed avocado, grilled broccoli, pickled beetroot, cabbage mix, pickled on...	**$20.90**

Kids Bowls

ITEM	PRICE
Kids Chicken Donburi Bowl Poulet teriyaki sur riz brun, accompagné de brocoli grillé, mélange de chou, fèves edamame, graines de sésame et mayonna...	**$14.50**
Kids Korean BBQ Your choice of Korean BBQ steak or chicken, on brown rice, broccoli, cucumber, cabbage mix a grilled egg with kewpie may...	**$14.50**

Sides, Smoothies & Dessert

ITEM	PRICE
Sesame Grilled Broccoli Grilled Broccoli, drizzled in kewpie mayo, sesame seeds & a side of sesame soy mayonnaise. (gf)	**$10.00**
Berry Glow Un tourbillon de framboises, fraises et bleuets, rehaussé par la douceur exquise de la mangue et la fraîcheur du jus de...	**$10.00**
Mango and Banana Une harmonie de mangue et de banane se mêle au yaourt crémeux. (gf, v)	**$10.00**
Ben and Jerry's Ice Cream 120 ml	**$8.00**

Drinks

ITEM	PRICE
Soft Drinks (600ml) Soft Drinks	**$5.00**
V Energy (350ml) V Energy	**$6.00**
Boss Coffee (237ml) Boss Coffee	**$6.00**
Gatorade (1L) Gatorade	**$6.00**
Waters (Sparkling Lime (250ml)) Water or NZ Natural Sparkling Range	**$4.00**
Waters (Sparkling Raspberry & Lemon (250ml)) Water or NZ Natural Sparkling Range	**$4.00**
Waters (H2Go Water (825ml)) Water or NZ Natural Sparkling Range	**$5.00**

Drinks

ITEM	PRICE
Soft Drinks (600ml) Soft Drinks	**$5.00**
Juices (500ml) Juices	**$5.00**
V Energy (350ml) V Energy	**$6.00**
Boss Coffee (237ml) Boss Coffee	**$6.00**
Gatorade (1L) Gatorade	**$6.00**
Waters (Sparkling Lime (250ml)) Water or NZ Natural Sparkling Range	**$4.00**
Waters (Sparkling Raspberry & Lemon (250ml)) Water or NZ Natural Sparkling Range	**$4.00**
Waters (H2Go Water (825ml)) Water or NZ Natural Sparkling Range	**$5.00**